

# PHC

## BBC Music Memories

This dedicated Music Memories website is designed to use music to help people with dementia reconnect with their most powerful memories and is being supported by a number of leading dementia organisations.



Evidence shows that music can help people with dementia to feel and live better. The use of music is increasingly being used in dementia care as it has been shown to reach parts of the damaged brain in ways other forms of communication cannot. In the latter stages of this illness, some people who may no longer be able to communicate much or at all through language, can be transformed when they hear a song they recognise - joining in singing and/or dancing along.



BBC Music Memories website contains snippets of around 1800 musical tracks, including the most popular songs from the last 100 years, TV and Radio theme tunes, and the most popular pieces from twenty classical composers. By browsing for tracks by decade and genre, the site aims to help users find their most powerful musical memories and create and share their own personalised playlist.



BBC Music Memories is incredibly simple to use on any digital device (PC, tablet or smart phone). It has a simple user guide along with helpful links to further dementia support resources.



Memories from one's teenage years can often be the most powerful, so why not start by looking for music from that time and begin to create a music playlist for your family member who is suffering with dementia, or volunteer to help someone on their own? This is an amazing way to involve the younger members of the family in helping their older relatives, technology is second nature to the youngsters and creating a playlist together will be great fun, with or without dementia.

The BBC Music Memories website can be found here: <https://musicmemories.bbcrewind.co.uk/>

Further information about Dementia can be found here:

<https://www.dementiauk.org/>

<https://www.nhs.uk/conditions/dementia/about/>

<https://www.alzheimers.org.uk/>

<https://www.carersuk.org/>